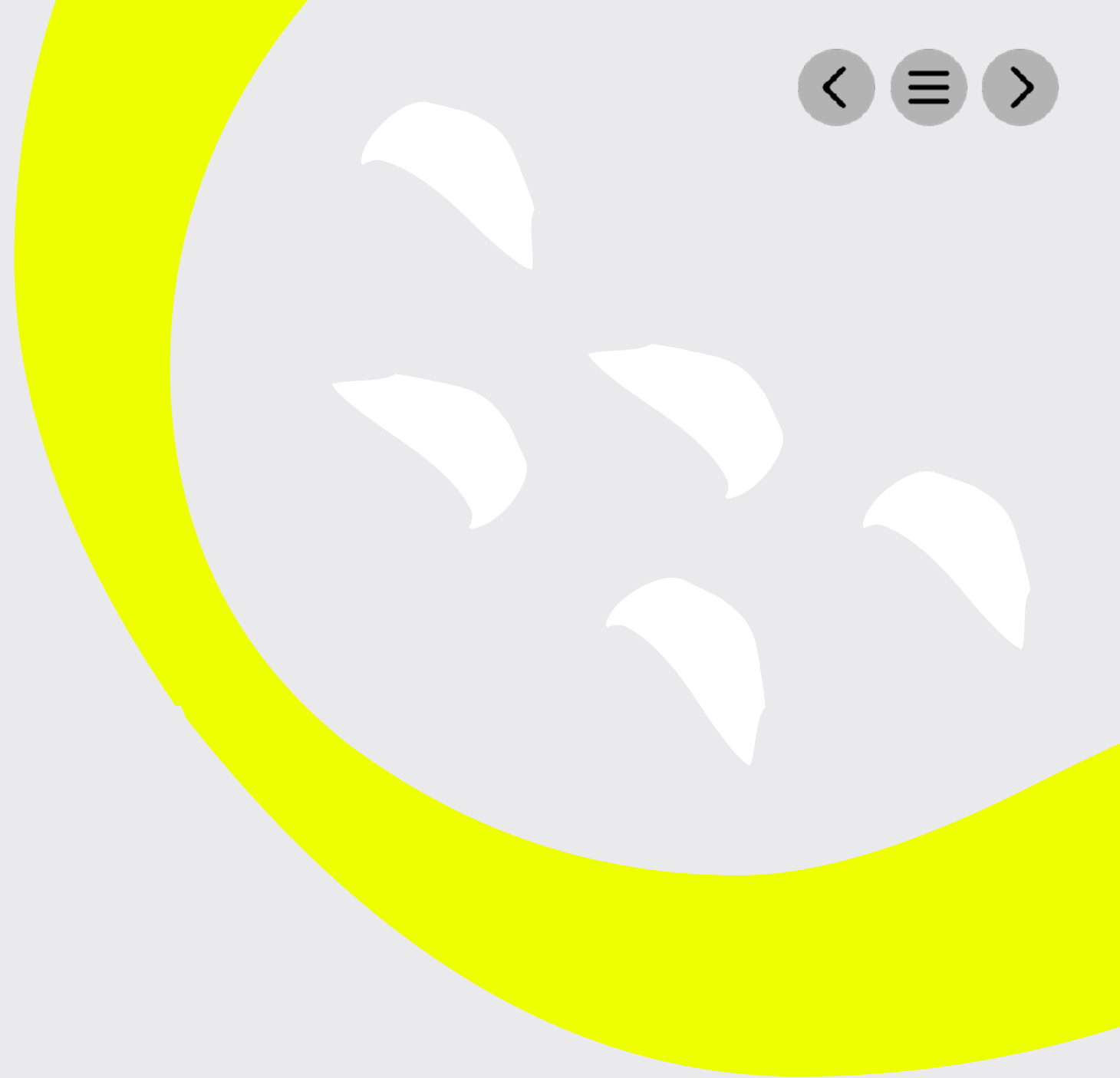


# Swing Week 1



# Class Timetable - Week 1

**Session Length:**  
60mins

**Group Size:**  
1:8

**Mastering the Game Focus:**  
Swing:  
Irons

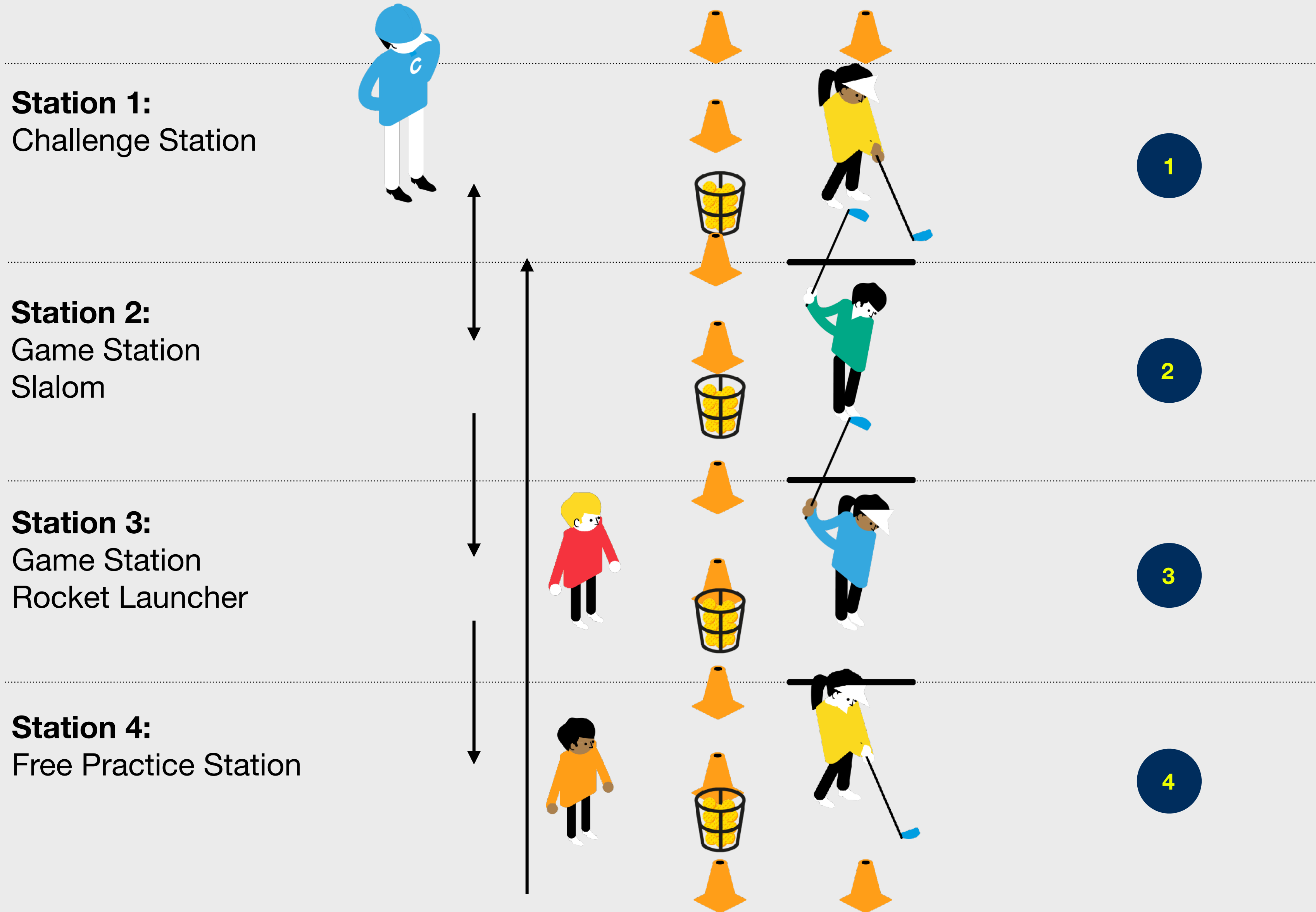
**Whole Child Focus**  
Cognitive:  
Beginners Mindset

**Learning the Game Focus:**  
Rules and Etiquette:  
Introducing Yourself

**Mastering the Game Challenge:**  
Iron Challenge

Time	Focus	Suggested Theme Content	Games / Drills / Resource
10 Mins	Introduction and Warm Up Game	<ul style="list-style-type: none"> <li>Outline the lesson objectives to the group</li> <li>Introduce the warmup game to the group</li> <li>Introduce FMS and Physical Literacy focus</li> <li>Split into teams and demonstrate the warm up game</li> <li>Play the warm up game in groups, pairs or individually</li> </ul>	<ul style="list-style-type: none"> <li>Relay Race, In and Outs</li> </ul>
5 Mins	Learning the Game Focus	<ul style="list-style-type: none"> <li>Introduce to the group the Learning the Game focus of the class</li> </ul>	<ul style="list-style-type: none"> <li>Introducing Yourself</li> </ul>
5 Mins	Whole Child Focus	<ul style="list-style-type: none"> <li>Introduce to the group the Whole Child focus of the class</li> </ul>	<ul style="list-style-type: none"> <li>Beginners Mindset</li> </ul>
35 Mins	Mastering the Game Focus	<ul style="list-style-type: none"> <li>Outline the safety instructions and class layout</li> <li>Introduce games and challenge</li> <li>Deliver one to one and group coaching on the Mastering the Game learning outcomes</li> <li>Children can attempt the Challenge in pairs</li> <li>Children rotate around the stations</li> <li>Opportunity for free practice</li> </ul>	<ul style="list-style-type: none"> <li>Slalom</li> <li>Rocket Launcher</li> <li>The Iron Challenge</li> </ul>
5 Mins	myAcademy Folder Track and Reward MyGame+ Progress on GLF. Connect	<ul style="list-style-type: none"> <li>Recap Mastering the Game and Learning the Game Focus from the session to check for understanding</li> <li>Children can complete myProgress Wheel and add stickers where appropriate to the myAcademy folder</li> <li>The challenge can be marked as complete if required on MyGame+ part of GLF. Connect app</li> <li>Present the Achiever Award to a student in front of the parents and the group</li> <li>Award any Pins and Hats that may have been achieved</li> </ul>	<ul style="list-style-type: none"> <li>myAcademy Folders</li> <li>GLF. Connect myGame+</li> </ul>

# Class Layout and Setup



# Irons Challenge Setup

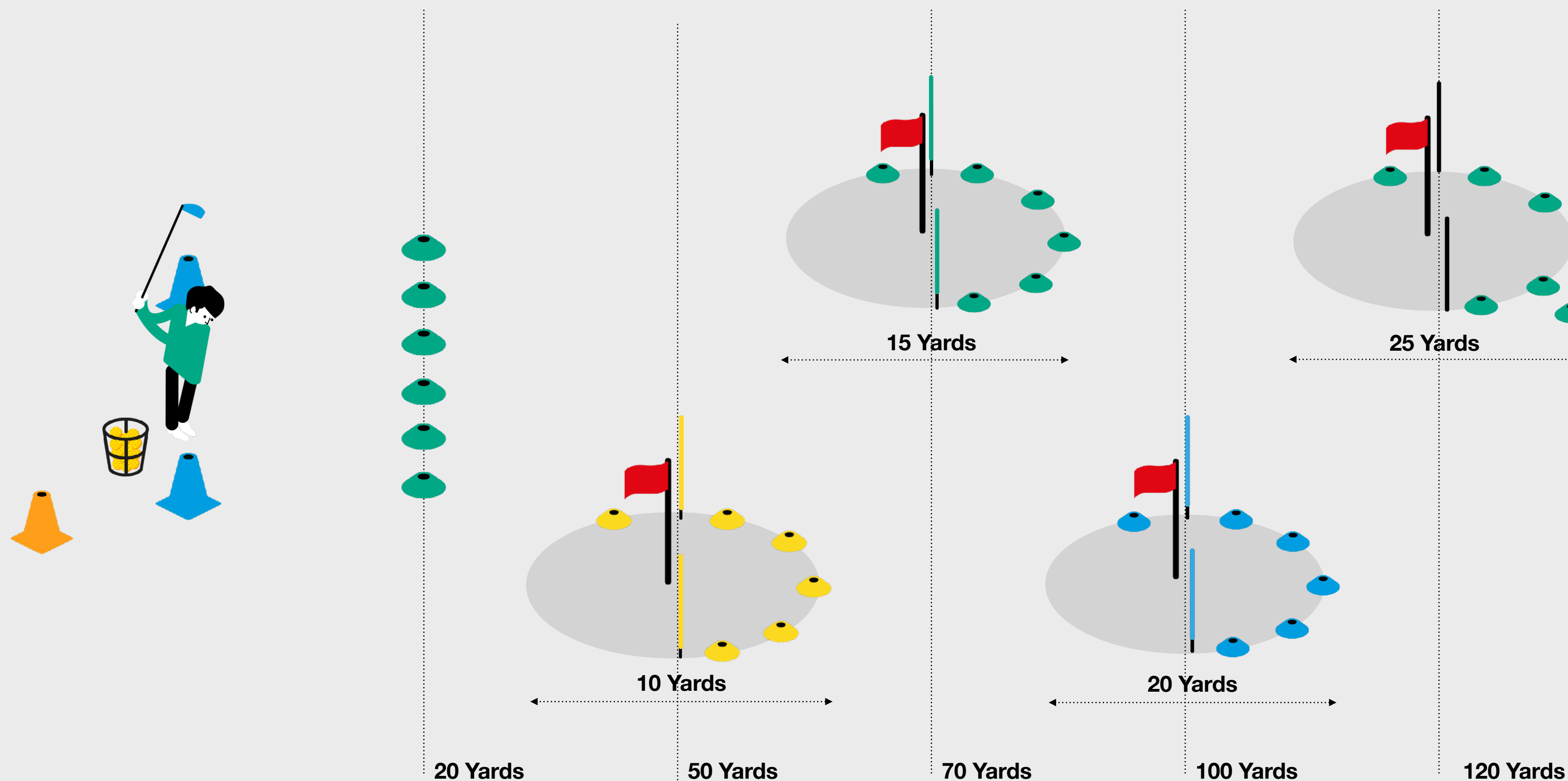


## Equipment Needed

- Orange safety cones for a safety line
- Cones to mark out the necessary hitting stations
- Cones to mark the target zones if foam noodles aren't available
- Alignment Sticks
- Flag (if available)
- Foam Noodles

## Setting out the Challenge

- Foam Noodles placed onto the alignment sticks should be used to mark the perimeter of the target zones either side of the flag
- Alignment sticks should be used to mark the target when a flag isn't possible
- Green Cones should be used to mark the target lines for the level 2 challenge
- Set out all the markers to enable every child to attempt their challenges in the class



# Relay Race In and Outs



## How to Play

- Split the children into even groups, ideally two groups of 3
- Number the children players 1 – 3
- Child number 1 starts with their hand on the starting cone
- On go, the child races to the end cone, weaving in and out of the cones, runs around the end cone and back tagging the next player
- The team that wins is the team that gets all players home first

## Progression Ideas

- Add extra goes for each child
- Decrease or increase the distance between the markers
- Play the game with a focus on developing FMS skills such as crawling, side steps, skipping, jumping or backwards running

## Equipment Needed

### Orange Safety Cones

SAFETY



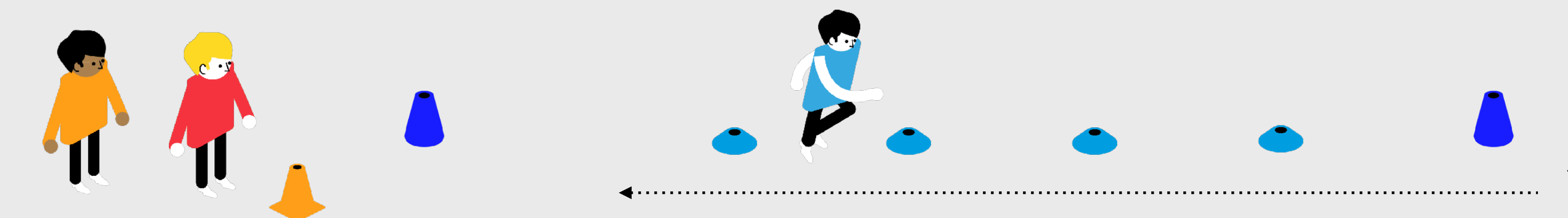
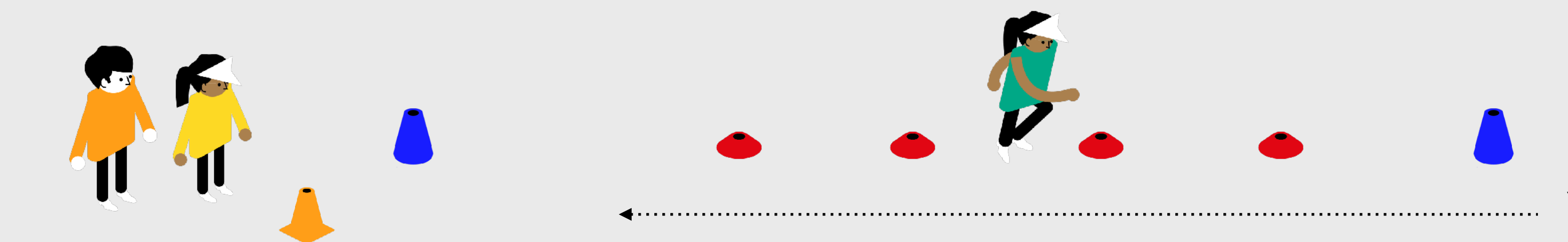
### 4 x Cones



### 4 x Red coloured cones



### 4 x Blue coloured cones



CRUSH  
IT!  
JUNIOR GOLF



## Cognitive Beginners Mindset

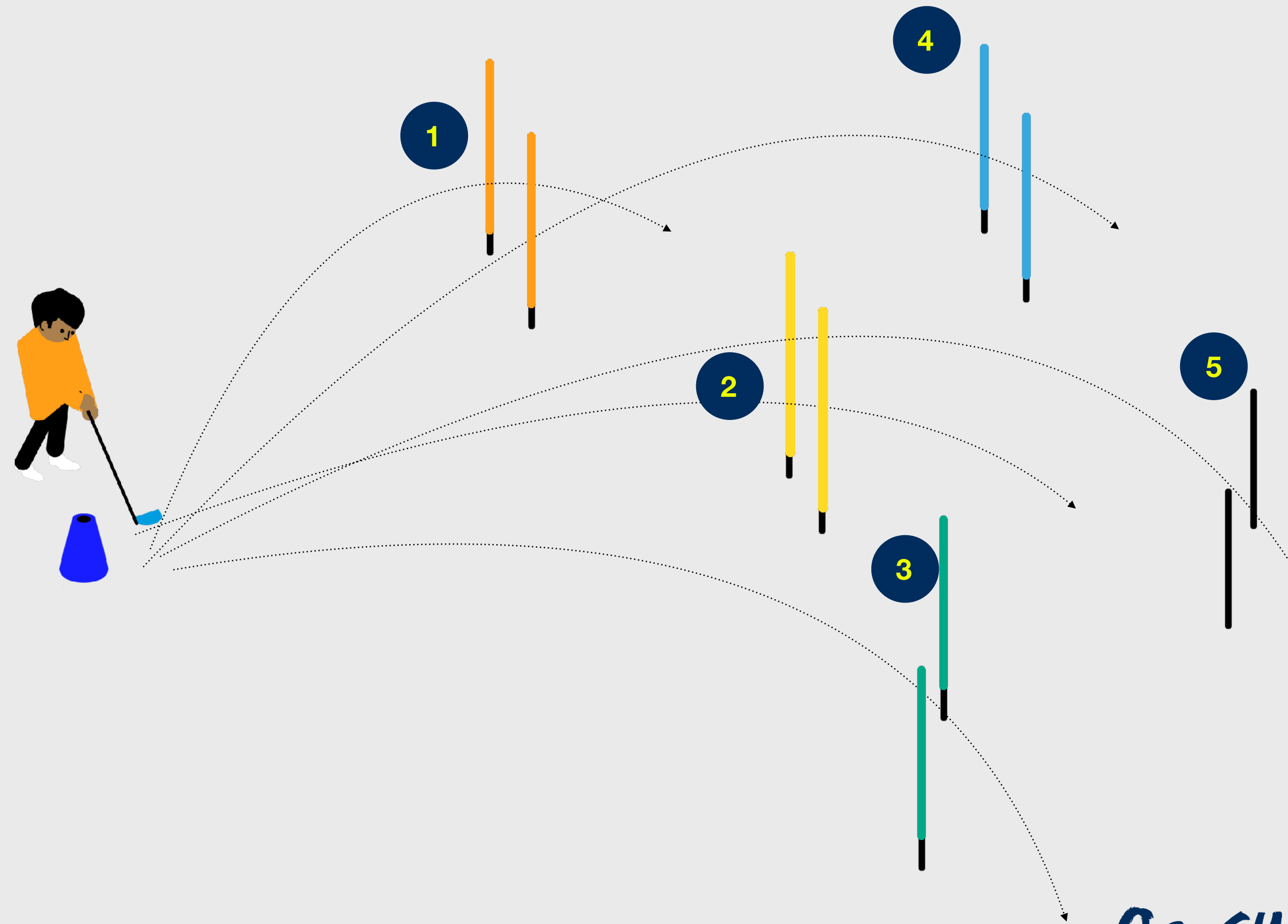
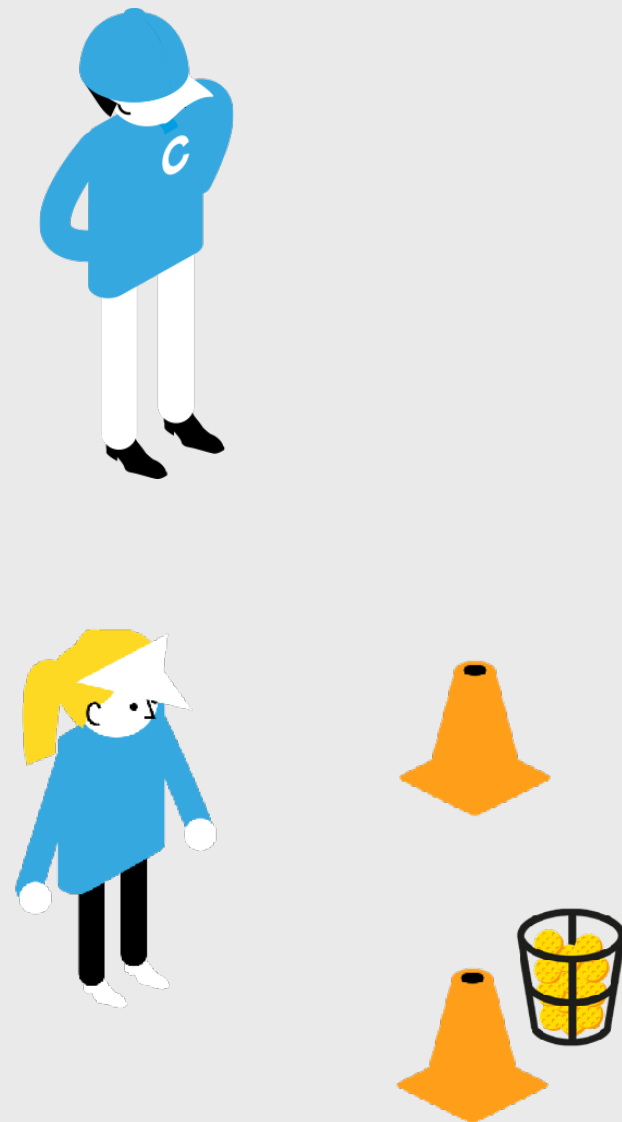
- The Whole Child theme this week is to learn to have a beginners mindset when approaching the games and challenges.
- Carry this theme into the class by allowing children to retake a shot if they make a mistake because mistakes are how you learn.



## Rules and Etiquette Introducing Yourself

- The Learning the Game focus this week is to learn how to introduce yourself confidently and respectfully to your playing partners and members at the club.
- You should highlight to the children how important it is to introduce yourself well, with confidence and respect.

# Slalom



## How to Play

- Push the alignment sticks or foam noodles into the ground to create the posts or fairways at different distances
- Set the gates at a width appropriate to the ability of the group
- The challenge is for the golfers to hit through the gates in order
- When a child hits the ball through the gate they move to the next gate
- The children take it in turns to hit their shots
- The winner is the child who gets their ball through the final gate first

## Progression Ideas

- Make the angles more difficult
- Move the gates further away
- Reduce the number of chances a player gets at each gate
- Change the width of the target gates
- Introduce a rule whereby the child has a certain number of attempts before moving back a gate or back to the start

## Equipment needed

4 x Orange Safety Cones

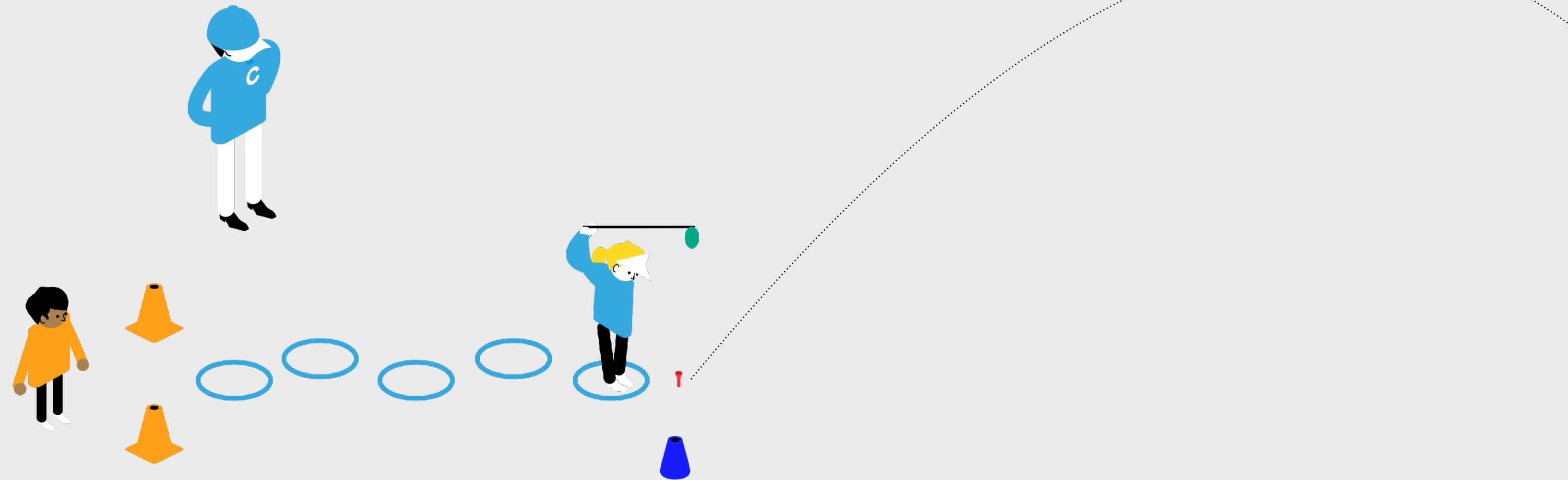
SAFETY

10 x Alignment Sticks

10 x Foam Noodles

CRUSH  
IT!  
JUNIOR GOLF

# Rocket Launcher



## How to Play

- Choose an FMS for the children to move between the launch pads (hoops)
- Children should countdown as they move to the ball “5, 4, 3, 2, 1...”
- When the child reaches the ball they have to try to launch the ball as high as possible
- The children take it in turns to hit their shots

## Progression Ideas

- Ask the children to choose how they move between the hoops
- Award points for how high they can hit the ball
- Add in a distance challenge for the children to try to hit the ball past

## Equipment needed

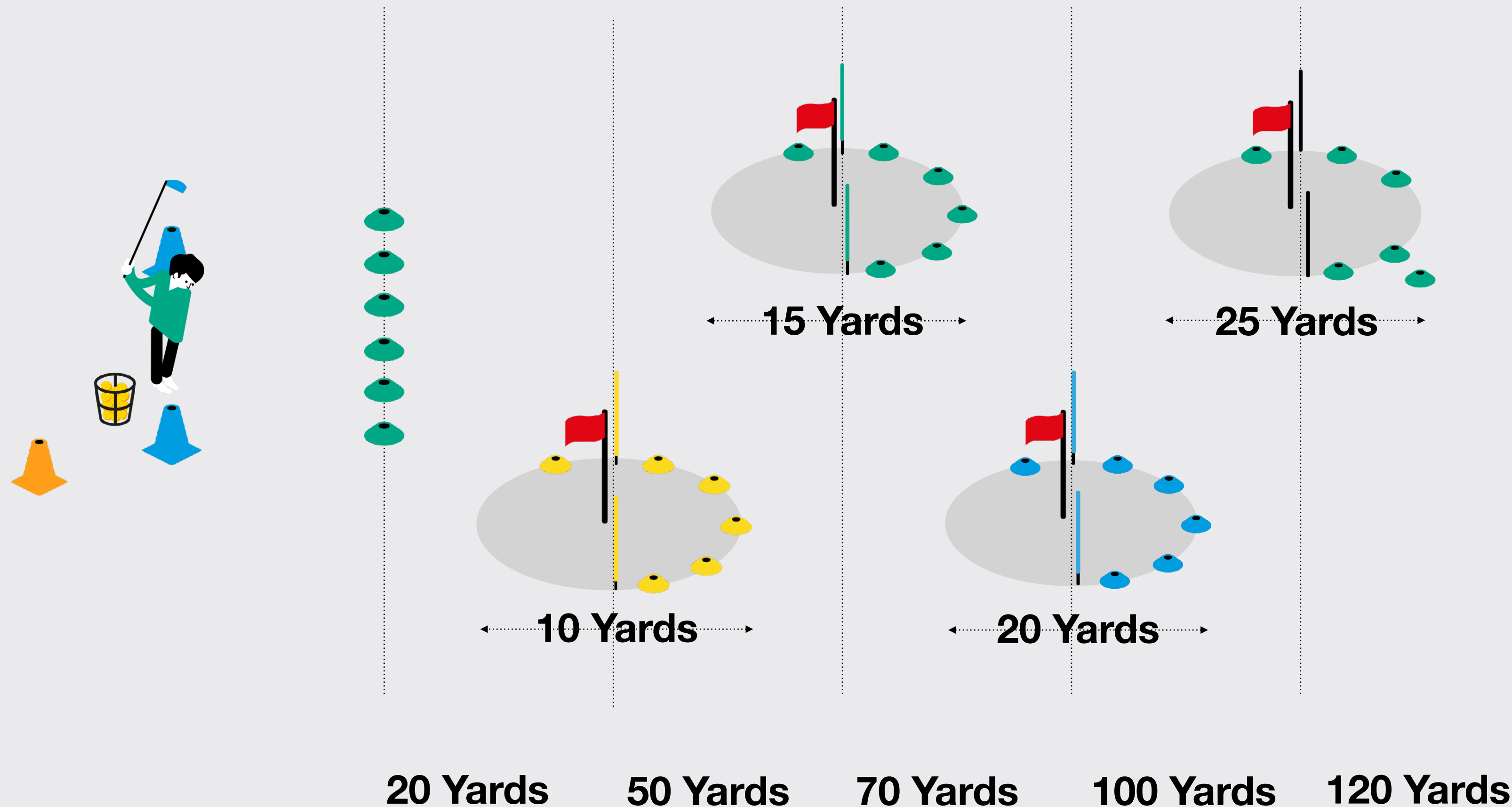
4 x Orange Safety Cones

SAFETY

Hoops



# Iron Challenges



## Attempting the Challenge

- Juniors have 5 attempts at the Challenge
- Juniors should attempt the Challenge for the level they are aiming to complete
- Juniors get 1 point for every successful attempt for the team challenge

## The Challenges

- 1 Juniors complete this Level 1 Challenge by hitting 3 shots in the air with an Iron. They have 5 attempts and do not need to hit the ball a certain distance or direction. This challenge can be attempted off a
- 2 Juniors complete this Level 2 Challenge by hitting 3 shots in the air with an Iron. The ball must carry a minimum of 20 yards. They have 5 attempts with no direction requirement. This challenge can be attempted off a tee.
- 3 Juniors complete this Level 3 Challenge by hitting 3 shots where the ball must finish within a 10-yard circle surrounding a flag that is 50 yards away. They have 5 attempts and this challenge can be attempted off a tee.
- 4 Juniors complete this Level 4 Challenge by hitting 3 shots with the ball coming to rest within a 15-yard circle surrounding a flag that is 70 yards away. They have 5 attempts and this challenge must be completed with the ball on the ground.
- 5 Juniors complete this Level 5 Challenge by hitting 4 shots where the ball must finish within a 20-yard circle surrounding a flag that is 100 yards away. They have 5 attempts and this challenge must be completed with the ball on the ground.
- 6 Juniors complete this Level 6 Challenge by hitting 5 shots where the ball must finish within a 25-yard circle surrounding a flag that is 120 yards away. They have 5 attempts and this challenge must be completed with the ball on the ground.

